Toronto metro

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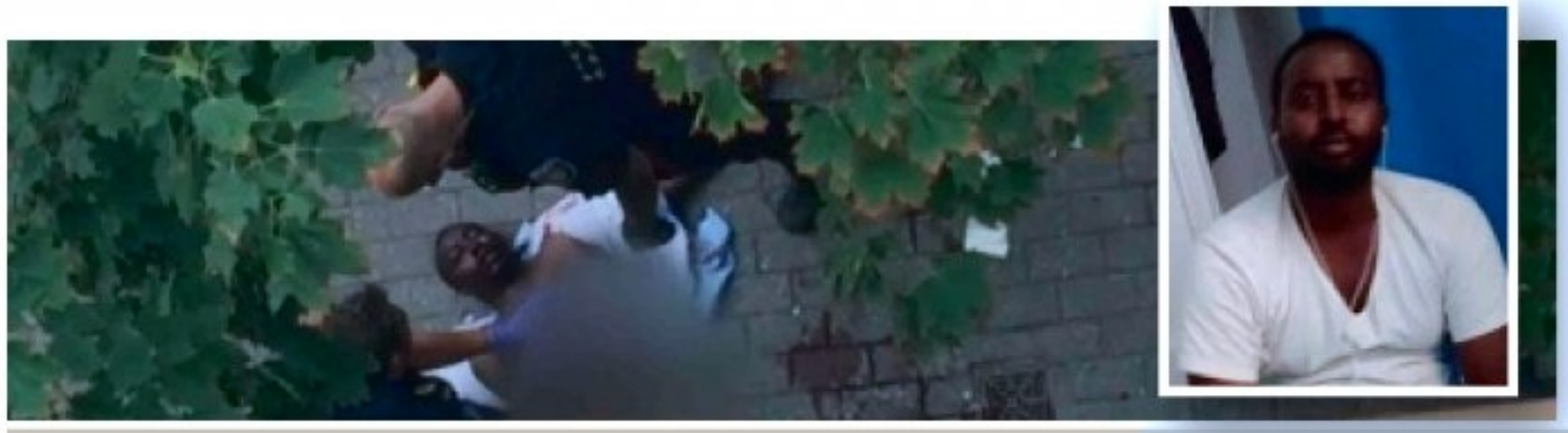

Black Lives Matter Toronto 'heartbroken' over Ottawa man's fatal altercation with police metroNEWS

Toronto metro

Your essential daily news | TUESDAY, JULY 26, 2016

High 30°C/Low 18°C Mainly sunny

DEMOCRATIC CONVENTION

Heavy hitters take the stage

metroNEWS

Nothing in our backyard

LESLIEVILLE, THE BEACH

Residents complaining about ... almost everything

May Warren
Metro | Toronto

Is Toronto's east end the most NIMBY neighbourhood in the city?

Over the years, people in Leslieville and the Beach have complained about everything from breweries to music festivals and even a mysterious hum only some can hear.

But the neighbourhood's latest grievance — that toddlers playing in a park are too loud — has some wondering whether east-enders doth protest too much.

Sportball, a recreational program for children in Lynndale Parkette, was forced to relocate after residents complained about the "unsafe and noisy" environment created by the classes.

"NIMBYism at its worst. This is why the Beach has such a bad rep in the city," wrote one member of The Beaches Facebook group.

"Let kids be kids," wrote another.

Beach Village BIA director Jessica Wright was unsure why the area generates so many complaints, but said it may have something to do with demographics.

"We're bringing in some younger people, but at this point it's still a little bit of an older crowd," she said. "They're used to kind of a sleepy neighbourhood a little bit."

Local councillor Gary Crawford said recent complaints about a children's sports program in Lynndale Parkette were related more to safety than noise; people were worried about the number of cars coming onto the quiet street.

"I'm hoping that there's no NIMBYism here," Crawford said.

HISTORY

Other things Leslieville and the Beach have complained about

- Craft beer consumers
- Music festivals
- Food trucks
- The homeless
- Soccer
- Mysterious "hums"

'NO DANGER'

This coyote, which had been seen caring for three young pups in a nearby den, was shot Saturday morning in Scarborough. CONTRIBUTED

What should Toronto do with the rogue coyote population? Police versus wildlife centre

metroNEWS

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metro NEWS

Your essential daily news

Florida again reeling from a mass shooting at a nightclub. **World**

Lightning hits 50,000 times

WEATHER

Thunderstorm leaves social media buzzing

Gilbert Ngabo
Metro | Toronto

During Monday morning's spectacular thunderstorm, lightning struck the shores of Lake Ontario more than 50,000 times, says Environment Canada.

Reports on social media suggested lightning was flashing so frequently in some areas that the city's automated street lights turned off, convinced it was daytime.

Environment Canada meteorologist Peter Kimbell said the "pretty good light show" was the result of the recent heat wave.

"When the air has been so hot, there's that extra energy moving in the clouds and it generates that kind of electricity during a thunderstorm," he said.

However, Kimbell said it's not uncommon for lightning to strike thousands of times during a storm.

Between 10 and 27 millimetres of rain were recorded across Toronto and southern Ontario during the two-hour storm. It was almost double the amount of rainfall the city has seen in a month, but Kimbell said it didn't break any rain records.

"We've seen far worse in the past," he said. "This really wasn't that extreme."

On July 8, 2013, Toronto recorded a 126-millimetre storm, and an August, 2005 storm saw 175 millimetres of rain fall just north of the city.

Monday's storm did cause some flooding in Toronto, but city staff said there were no reports of significant damage.

Residents startled awake by the storm documented dramatic lightning strikes and shared photos on social media Monday.
Above: RISHANPERSAUD/INSTAGRAM; **Right**: BRTNPHOTOGRAPHY/INSTAGRAM

Child goes to store at 2:30 am

Families in East York are holding their kids a little tighter after hearing news about a young girl wandering from her nearby home early Monday morning.

The girl, described as between of 3 and 4 years old, was safely returned to her parents after she put on pink rubber boots and went for a walk by herself around 2:30 a.m., winding up at a nearby grocery store.

Employees at the Sobey's at 1015 Broadview Ave. were surprised to see the child alone in the middle of the night. They called police immediately.

According to police, the Sobey's is about a quarter block away from the girl's house.

The preschooler knew the area well because her family shopped there often, they said.

The girl was taken to the police station while officers searched for her parents, knocking on neighbours' doors by 3 a.m.

Police said she spent her time at the station "watching TV and having a great time," with officers while waiting for her parents.

"Thankfully, this was a happy ending," said Toronto police Const. Craig Brister.

"She was spoiled at the station and was in good spirits."

Police said no charges will be laid. They are advising parents to place locks higher on their doors so they are out of reach from young children.

"The big thing is just being diligent, but it's tough because you can't watch them 24 hours a day," Brister said.

TORSTAR NEWS SERVICE

NEWMARKET

Pokémon Go players shot at with pellet gun: Police

York Regional Police have arrested a Newmarket woman who allegedly shot at Pokémon Go players with a pellet gun.

Police were called to a two-storey apartment near Main Street South and Water Street in Newmarket around 10:30 p.m. Saturday after reports of the shooting, police said Monday.

No one was hit and there were no injuries, police said.

Officers entered the building, arrested a 29-year-old woman and seized a pellet gun, police said.

Sarah Bowes, an 18-year-old server who works at a restaurant across the street, said she saw the arrest.

"I saw a bunch of police officers and cars all lined up along the street. The SWAT team kicked in the door," Bowes said

"I noticed her in handcuffs. They took her to the police station (which is just down the street). I think they made her walk," Bowes said.

Patricia Champagne of Newmarket is facing one charge of assault with a weapon and one charge of possession of a weapon for a dangerous purpose, York Regional Police said.

TORSTAR NEWS SERVICE

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Scarborough mom pushes for crosswalk

TRAFFIC

Mary Rafter says cars speed down the road

Luke Simcoe
Metro | Toronto

When Mary Rafter watches children in her Scarborough neighbourhood cross the street to visit McCowan District Park, she cringes.

"It's a huge, four-lane road. Cars speed down it all the time," the 48-year-old artist says. "Someone is going to get killed there."

Someone was killed there in 2007. Yan Zhang and her three-year-old son were walking on McCowan when they were hit by a drunk driver who mounted the sidewalk. Zhang, 36, died at the scene and her son received serious injuries.

"The incident has never left me," said Rafter, who's pushing for a crosswalk to be installed at McCowan and Bridlegrove Drive, across from the park's entrance.

From left, Mary Rafter, Pavlo Giannoulis, Joanne Giannoulis and Michael Giannoulis. Rafter has been pushing for years to get a crosswalk installed at the McCowan Road and Bridlegrove Drive intersection. LIZ BEDDALL/METRO

Last summer, city staff told Rafter the intersection doesn't have enough pedestrian traffic to warrant a crosswalk.

But Rafter's not convinced.

"I'm going to bug whoever the heck I can to keep this alive," she said. "Just because someone said no doesn't mean it has to stay that way."

Fortunately, she could get a helping hand from the city's new road safety plan, passed unanimously by council July 14.

"In the past when we looked at collision data, we looked at in terms of all collisions, from fender benders to fatalities," said Roger Browne, Toronto's head of traffic safety. "Now we're looking specifically at injuries and fatalities. It changes things."

One thing the current warrants don't consider is how far pedestrians have to walk to the nearest controlled crossing. There are, however, rules preventing crossings from being too close together, so as to avoid slowing down cars.

"It's a 10-minute walk one way, and a 10-minute walk the other way just to cross the street," Rafter said.

REQUESTS

- The city receives more than 300 requests for new pedestrian crossings every year, but only about a dozen are approved.
- Part of the reason is liability, says Scarborough traffic manager Marko Oinonen. If the city applies a looser standard in one area, it could be subject to lawsuits in the event of a crash in a spot where the standard was not applied.

TRANSPORTATION

Bike lane pilot to begin mid-August

Gilbert Ngabo
Metro | Toronto

Cyclists could be buzzing along Bloor Street in protected bike lanes as early as mid-August.

The city announced Monday that construction on the long-awaited bike lane pilot will begin Aug. 2. All on-street parking between Shaw Street and Avenue Road will be removed to allow for new markings to be painted and bollards installed.

The work is expected to last two weeks, after which the bike lanes will be opened and parking will be restored on one side of the street.

Cycle Toronto director Jared Kolb said the pilot's stretch doesn't go far enough, but hopes its completion will send a message to city planners that better cycling infrastructure is need in other parts of the city, too.

"This is a chance to demonstrate that cycling has arrived in Toronto as a legitimate mode of transportation," he said.

Council approved the project last May, following pressure from community groups and cycling advocates. More community consultation about the lanes will continue throughout the one-year pilot, with a final report due at council late next year.

Construction on the new Bloor Street bike lanes will begin next week, the city says. LIZ BEDDALL/METRO

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Shooting coyote puts pups at risk, wildlife centre says

WILDLIFE

Animal not seen near den since police wounded it

May Warren
Metro | Toronto

The Toronto Wildlife Centre is calling for a review of how police respond to animal calls, after officers shot and wounded a sick coyote in Scarborough Saturday.

Executive director Nathalie Karvonen said police are too quick to shoot animals and lack the proper training to deal with wildlife.

"Officers in the field carrying firearms should know that they're not empowered to just draw a firearm on an animal and just start shooting it if they don't know what else to do," she said.

The coyote, which had been seen caring for three young pups in a nearby den, was shot Saturday morning near Euclid Avenue and Morrish Road.

There were reports the coyote was suffering from mange, a skin condition Karvonen said is easily treatable.

The coyote has not been seen near its den since the shooting, and wildlife officials are concerned about its pups. It's believed their mother was recently hit by a car.

Left alone "these babies will just slowly suffer and starve to death and die," Karvonen said.

Prior to being shot by police, the male coyote was captured on camera in Scarborough. The Toronto Wildlife Centre says coyotes pose little risk to the public. COURTESY TORONTO WILDLIFE CENTRE

> There is no justification for shooting a sick, weak animal that poses no danger to people.
> Nathalie Karvonen

Toronto police spokesman Mark Pugash said the officers involved were responding to a call about a coyote "in rough shape" roaming around the residential neighbourhood.

Due to the "possible threat," Pugash said officers "had no choice" but to shoot the animal.

The wildlife centre had offered to help police capture the coyote, but Karvonen said they never received a call.

Pugash told Metro officers did contact Toronto Animal Services, but he said they were unable to assist.

City spokeswoman Tammy Robbinson said animal services staff were dispatched, but by the time they arrived — within the expected two-hour response time — the animal had already been shot.

According to the wildlife centre, there has only been one recorded instance in Toronto's history of a coyote biting a person.

Karvonen is asking anyone who sees the injured coyote or its pups to call the centre at 416-631-0662.

RONCESVALLES

Mother of man fatally shot on sidewalk seeking answers

The mother of the man fatally shot during an incident involving Toronto police in Roncesvalles on Sunday is trying to understand how and why her son, a father of two young children, died on the sidewalk that morning.

Speaking from her home in Kentville, N.S., Sherry Middleton, mother of 30-year-old Jenyon Middleton, said that when she called police after hearing about the incident, they wouldn't tell her anything.

"Nobody would give me … answers," she said. "They wouldn't even confirm it was my son."

Jenyon was fatally shot in an incident involving Toronto police around 6 a.m. Sunday after officers responded to a call about a possible shooting near a non-profit co-op home at 55 Howard Park Ave. A 25-year-old woman was also taken to hospital with serious injuries, including a gunshot wound to the leg.

Middleton said she heard about what happened after a nephew in Toronto called her saying he saw Jenyon's building on the news.

She tried to call Jenyon and his girlfriend but no one picked up.

The Special Investigations Unit has taken over the investigation.

A police source with knowledge of the case said the death was a suicide.

TORSTAR NEWS SERVICE

IMPAIRED DRIVING

Case dropped over interpreter request

A Brampton judge has dismissed an impaired driving charge against a man who was not given access to a Punjabi interpreter when he spoke with a lawyer following his arrest, which violated his right to counsel.

While police did initially try to accommodate the man's language needs, their conduct "fell below the standard of care reasonably expected of them in the circumstances," Ontario Court Justice Paul Monahan wrote in a decision.

Bikkar Khandal was arrested in October 2015 at a RIDE spot-check in Mississauga. The arresting officer called duty counsel — who provide free legal advice over the phone — and also requested a Punjabi interpreter. But the lawyer on the phone did not arrange for an interpreter, Monahan wrote. The judge found that the lawyer's conduct was "inappropriate and wrong."

TORSTAR NEWS SERVICE

WARD 2 SEAT

Michael Ford wins Etobicoke byelection

A new model of Ford is heading to Toronto city hall after 125 days without a member of the headline-grabbing family representing Ward 2 Etobicoke North.

Michael Ford, 22, beat a dozen challengers in Monday's byelection to succeed his uncle Rob Ford, the populist councillor and former mayor who died in March after a lengthy battle with cancer.

Ford admitted name recognition was a "huge factor" in his landslide victory but vowed to honour his late uncle by emulating his dedication to the people of northwest Etobicoke.

"I look forward to getting down to city hall and working with other city councillors, (and) the mayor, coming together and moving Etobicoke forward," said the soft-spoken councillor-elect.

"Our community has some challenges, particularly crime."

Voters have passed the crown to the largely unproven politician — he quit his first job, Toronto school trustee, after only four months to seek the council seat — keeping the northwest Etobicoke family dynasty alive.

The crowd at Michael Ford's victory party chanted "Michael Michael Michael" as he arrived. His grandmother Diane Ford stood beside him, smiling but obviously emotional just three months after losing her son Rob.

A beaming Doug Ford, another of Michael's uncles, said Monday night that he stepped back from the campaign and let the younger generation take over. "I wanted Michael to truly work his backside off — and he did."

It remains to be seen, however, how Michael Ford — who legally changed his surname from Stirpe in 2015 — will make his mark in the 27 months before the next election.

During the campaign, he sounded like his conservative, combative uncles vowing to eliminate city hall waste.

TORSTAR NEWS SERVICE

Ex-mayoral hopeful Doug Ford congratulates nephew Michael after the 22-year-old Ford won a byelection to fill the vacant Ward 2 council seat. TORSTAR NEWS SERVICE

Breaking the Russian ice

FOREIGN AFFAIRS

Dion ends two years of silence by sitting down with Lavrov

The Liberal government turned the page on two years of acrimony between Canada and Russia on Monday as Foreign Affairs Minister Stéphane Dion sat down for his first formal meeting with Russian counterpart Sergey Lavrov.

The 30-minute discussion took place in Laos, where Dion and Lavrov were attending an annual meeting of Southeast Asian nations. Sources say the location was chosen because it represented neutral ground for the two sides.

The meeting was the first of its kind between Canada and Russia in years. The previous Conservative government steadfastly refused to meet with anyone from the Kremlin until Russia left Crimea, the peninsula it annexed from Ukraine in March 2014.

As a result, contacts between the two countries had been largely limited to technical discussions between bureaucrats.

The Liberal government has said it remains committed to standing with Ukraine in the face of Russian aggression. To that end, Dion spokesman Joseph Pickerill said the minister had "frank discussions" with Lavrov about Russian actions in Ukraine and other parts of eastern Europe, as well as in Syria.

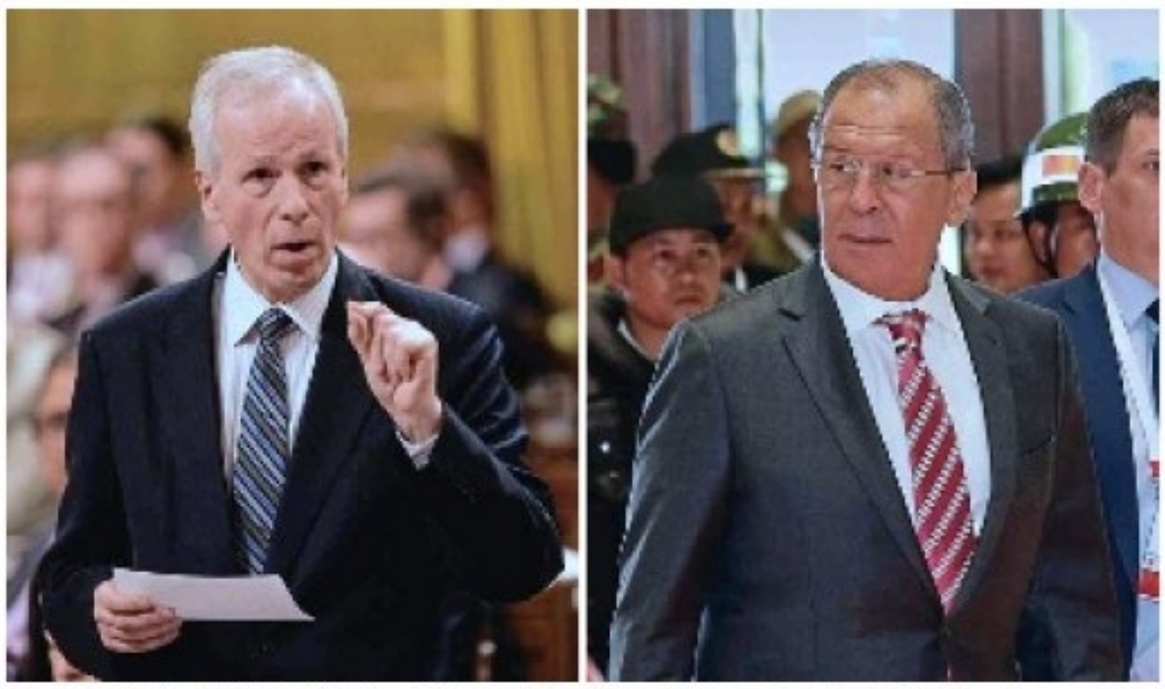
But the ministers also talked about the potential for co-operation in the Arctic, space and counter-terrorism — areas the Russians have been keen to focus on as they have attempted to change the channel away from Ukraine.

While the Liberals promised during last year's election campaign to re-engage with Russia, Prime Minister Justin Trudeau has been facing calls to keep up the pressure.

The government agreed earlier this month to organize a 1,000-strong NATO battle group in Latvia whose mission is to dissuade neighbouring Russia from flexing its muscles in the Baltic state. The U.S., United Kingdom and Germany are organizing similar forces in Poland, Estonia and Lithuania.

Earlier this month, during the NATO leaders' summit in Warsaw, where the Latvia mission was unveiled, Dion said that it was "terribly unfortunate" that Canada had to send military forces to Eastern Europe. But he also said it made sense to talk to the Russians.

"Canada will be strong on deterrence and strong on dialogue. We need to do both," Dion said. "It's important for our allies, including Ukraine. It's important for our own interests." THE CANADIAN PRESS



Foreign Affairs Minister Stéphane Dion, left, had "frank discussions" with his Russian counterpart Sergey Lavrov in relation to Ukraine. THE CANADIAN PRESS FILE/THE ASSOCIATED PRESS FILE

> **It's important. After all, Russia is our neighbour in the Arctic.**
> Stéphane Dion

SASKATCHEWAN

Oil spill measures will last

Communities affected by an oil spill in the North Saskatchewan River can expect precautionary drinking water measures to be in place for weeks or even months, says a Saskatchewan government official.

"It's not going to be a short-term event," Sam Ferris with the Water Security Agency said. "It could go on for some time."

Two cities downstream from the Husky Energy pipeline leak near Maidstone, Sask., have stopped drawing water from the river. North Battleford shut down its intake on Friday and is relying on wells.

Officials say the oily plume reached Prince Albert, a city of 35,000 people, on Monday.

Residents in the area are being urged to conserve water and not use that part of the river for recreation. Hospitals are looking at alternative supplies.

Ferris estimates the water supplies of close to 70,000 people have been affected so far and that the slick has travelled about 370 kilometres. THE CANADIAN PRESS

CIVIL SERVICE

Parties call for payroll hearing

As the feds were scrambling to make sure civil servants get paid this week, the opposition parties joined forces Monday to call for emergency hearings into the government's problem-plagued new payroll system.

Newly released documents from one of the government's biggest departments show that questions about "critical defects" in the so-called Phoenix system were going unanswered weeks before its scheduled launch.

Both the Conservatives and New Democrats demanded the government operations committee be recalled to talk about how Phoenix has resulted in tens of thousands of civil servants being improperly paid — or not paid at all. Even though a Conservative MP heads the committee, the opposition parties were one member shy of forcing a meeting without the help of the Liberals. THE CANADIAN PRESS

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Community mourns Ottawa man who died after arrest

POLICE

Abdirahman Abdi, 37, succumbed to his injuries

Haley Ritchie and Emma Jackson
Metro | Ottawa

Community organizations are moving in to help Ottawa residents cope with the violent loss of a 37-year-old man who neighbours described as "peaceful" and a familiar face around the neighbourhood.

On Sunday, police received a 911 call at 9:30 a.m. from a coffee shop, where a man was reportedly causing a disturbance and touching a female patron.

Witnesses said Abdirahman Abdi got scared when police arrived and ran to his home — just three blocks north to an apartment building where he had been living since arriving in Ottawa from Somalia in 2009.

An emotional Nimao Ali speaks about her neighbour Abdirahman Abdi, right, who was arrested by Ottawa police Sunday morning. He died of his injuries Monday afternoon. EMMA JACKSON/METRO

Neighbours — many of them friends and family— then watched from their balconies as Abdi was forcefully arrested.

Witness Shukri Samater said people were yelling as Abdi was handcuffed and hit by officers on the stone steps just outside the building's entrance.

"That was the most disturbing part of it all, what happened after he was handcuffed," Samater said.

"He was bleeding from the back of his head. He didn't have a weapon, he wasn't violent."

Samater described him as "not well" and said mental health issues and a language barrier may have prevented him from understanding what police were saying.

WITH FILES FROM JOE LOFARO

TORONTO REACTION

'Every day is another name to add to the list'

Gilbert Ngabo
Metro | Toronto

Black Lives Matter leaders in Toronto were distraught Monday after learning an Ottawa man had died following a violent arrest at the hands of police officers.

"This is just too much," said co-founder Pascale Diverlus.

"It just feels like every day is another name, another hashtag to add to the list," Diverlus said. "When will this end? When?"

In the past, Black Lives Matter Toronto has held vigils and rallies in solidarity with blacks killed during altercations with police. Diverlus said the group is still working out the details of how best to show support for Ottawa.

"The entire community is mourning," she said. "We're trying to hold each other together, especially the Somali community."

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FLORIDA

State hit by second nightclub shooting

With the Orlando massacre still fresh on everyone's mind, the mother of a young man slain at a nightclub early Monday had warned her son about what to do if there were a shooting: "Hit the floor, find a table."

But when gunfire erupted at the Club Blu parking lot, 18-year-old Stef'an Strawder didn't have anywhere to hide. He was killed along with a 14-year-old boy, and 17 other people ranging in age from 12 to 27 were wounded during a party for teens.

"I told him to look for all the exits if any kind of shooting would go off ... because I thought about the people in Orlando," said Strawder's mother, Stephanie White.

The rampage may have started with an argument over a rap performance. THE ASSOCIATED PRESS

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Democrats urge unity

CONVENTION

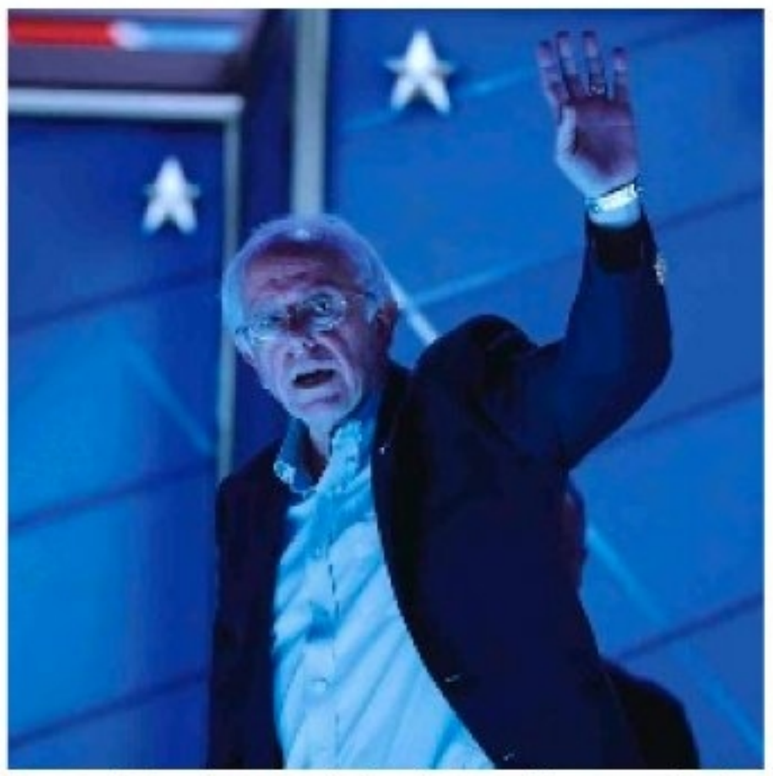
Outrage over leaked emails threatens to derail event

Hillary Clinton's campaign joined forces with former primary rival Bernie Sanders and some of his supporters Monday in a scramble to tamp down a fresh burst of party disunity and give an upbeat tone to the opening night of the Democratic convention.

Sanders, one of the night's featured speakers, sent urgent messages to his backers urging them to avoid protests on the convention floor.

First lady Michelle Obama was making her first appearance of the presidential campaign. Massachusetts Sen. Elizabeth Warren, a favourite of liberals and one of the party's toughest critics of Republican Donald Trump, was also taking the stage.

"Trump thinks he can win votes by fanning the flames of fear and hatred," Warren said in excerpts released ahead of her speech. "By persuading you that the real problem in America is your fellow Americans."



Sen. Bernie Sanders waves before the start of the convention in Philadelphia on Monday. CAROLYN KASTER/THE ASSOCIATED PRESS

Clinton's campaign hoped the nighttime line-up would overshadow a tumultuous start to the four-day convention. The release of hacked emails revealed the Democratic National Committee had favoured Clinton over Sanders in the primary, despite vows of neutrality. The uproar led to the forced resignation of party chair Debbie Wasserman Schultz.

While her ouster was a major victory for Sanders, it wasn't enough to ease the frustration of his supporters. Inside the arena, chants of "Bernie" echoed through the arena, and boos could be heard when Clinton's name was raised.

THE ASSOCIATED PRESS

+ SPEAKERS

Monday: United Together
Michelle Obama, Vermont Sen. Bernie Sanders, Sen. Elizabeth Warren

Tuesday: A Lifetime of Fighting for Children and Families
Bill Clinton and Mothers of the Movement, including Eric Garner's and Trayvon Martin's mothers

Wednesday: Working Together
President Barack Obama and Vice-President Joe Biden

Thursday: Stronger Together
Hillary Clinton and Chelsea Clinton

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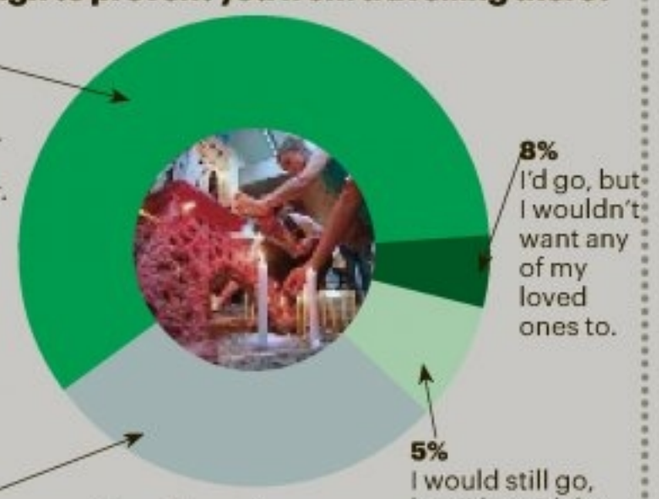
metro VIEWS
Your essential daily news
Tuesday, July 26, 2016

METRO POLL

Will violence in Europe keep you away?

Ansbach, Munich, Nice, Brussels, Paris. Not to mention Turkey. Simply listing the names is enough to evoke images of shocking mass violence that has taken place in recent months. Europe has long been seen as a beacon of culture and low-risk adventure, and the European vacation — or exchange semester or backpacking trip — is a near-universal aspiration for those on this side of the Atlantic. Is that about to change?

1 Is the high-profile violence in European cities enough to prevent you from travelling there?


59%
I'd still go. Life is full of danger. You can't live in fear.
8%
I'd go, but I wouldn't want any of my loved ones to.
5%
I would still go, but I'd avoid the major cities and tourist spots.
28%
I'd have considered travelling to Europe before, but not now.

WE ASKED Metro readers

I have two trips planned before the end of the year, and I intend to take both of them.

It hit close to home when a student from my university got killed. Better safe than sorry for a little while ...

You can die walking out your door. Better to see the world than your living room!

I've been to Europe many years ago and always wanted to go back but not now. It seems a big mess now and would ruin my memories of it.

My family lives in Europe and I can't imagine not visiting them.

You can't live your life sheltered. Things happen everywhere. You have to live your life.

Avoiding Europe because of fear of terrorism is as absurd as avoiding Winnipeg because of fear of being run over by a truck.

visit metronews.ca
HAVE YOUR SAY

Cycling/pedestrian link to Island a bridge too far?

TORY'S TORONTO

Matt Elliott

When people ask me where they should go on these hot, hazy summer days in Toronto, I do two things.

First, I tell them to go to Toronto Island.

Then I give them a list of things they need to do to ensure their experience getting there isn't miserable.

That list includes always buying tickets for the Island ferry in advance. If you do — either online or in bulk — you can skip the long and disorganized ticket sale lines and head right to the cage-like waiting area.

Once inside, get on the first ferry that shows up. Don't even read the destination sign. All three ferries go to nice places and if you bring a bike — did I mention you should bring a bike? — you're only a quick ride away from all destinations on the islandside.

Got it? Good. Trust me, once you perfect the strategy, it's not as painful as it looks.

Still, there are moments every summer when I start to wonder why Toronto residents put up with this. Why is it so hard for the public to access the city's best public space?

Which inevitably leads me to this question: why not build a bridge?

I'm not talking about a big, concrete span serving cars. Instead, I'm referring to an elegantly-designed lift bridge for pedestrians and cyclists spanning the 300-metre gap between the Cherry Beach area and Ward's Island.

I'm nowhere near the first person to suggest this. In 2004, at the request of the Globe & Mail, architecture firm Montgomery Sisam drew up a cool design for just such a bridge. In 2012, Urban Planner Astrid Idlewild wrote a blog post outlining a strong rationale for the link — also citing improved access for emergency services.

Of course, the bridge idea also has its share of detractors. Since bringing this notion up, I've heard from Island enthusiasts who aren't feeling the need for a bridge.

Their reasons include port security, challenges with marine traffic, the fact that cottagey Ward's Island probably isn't the ideal access point, and a concern that a fixed link to the mainland might fundamentally change the Island experience, and not for the better.

Maybe they're right, and maybe there's a chance a bridge isn't necessary. City hall is in the process of ordering new ferries, needed to handle growing crowds, while Waterfront Toronto is developing a new design for the ferry terminal. Done right, those could work to improve access.

But I'm skeptical that these status quo improvements will change the Island-going experience enough.

I want to dispense with my need to give visitors a long list of tips to avoid miserable lines and interminable waits. To really fix that, a bridge might be the only thing that goes far enough.

Matt Elliott lives and writes in Toronto. Follow him on Twitter @GraphicMatt

Minority Report: Life as a non-white touring musician is tense in 2016

Shehzaad Jiwani
For Metro

Growing up in a culturally diverse Canadian city, it's easy to think the whole world is a happy, tolerant place.

This myopic viewpoint is magnified when you enter the independent music community, a microcosm of liberal hopes and dreams made manifest in the form of artists, labels, DIY festivals and safe spaces created to communicate and express progressive thoughts and ideas.

As a person of colour in a touring band who grew up in Toronto — one of the most ethnically diverse cities in the world — I have a strange relationship with being an "other." Most of my idols — indie rockers like Pavement and Fugazi — are white, as are the majority of my peers. That being said, I've never felt excluded from my community based on the colour of my skin. I can only speak from my own experiences as a brown man living in the only hometown I have, but I never saw myself as different in Toronto's independent music scene, because I have never been made to feel different.

You immediately recall such luxuries when crossing into the United States. In 2016, at a time where race, gender and sexual orientation are frontline issues and not trendy buzzwords, people are more acutely aware of their own identities than ever. In an election year where racially and sexually charged crimes are in the headlines nearly every week and neither presidential candidate seems to be addressing them, it's impossible not to feel out of place as a minority when you set foot on American soil. You feel it at customs, you feel it at gas stations, and you even feel it in some of the same communities of which you've previously considered yourself a member.

Here's the essence of what you feel: These people are angry. They are angry because they are scared, and they are scared because they don't know what is happening to their country. They are taking that anger out on anyone they can because that is how little control they are left with.

Of course, as much as Canadians love to pretend that we are so different than Americans, the truth is, we're not. People of colour die at the hands of police, without apparent justification, in my hometown, too. We can't ignore that, nor should we.

Being proud of where you are from is one thing, but taking action to preserve the things you love about those places — art spaces, neighbourhoods, cities — is how you can preserve that pride. You must understand how to engage with your environment to right what you see as wrongs in order to continue celebrating what you see as virtues. Feeling accepted in a community as a minority is a rare thing we can't take for granted.

Remember — the border's not far away.

Shehzaad Jiwani is the singer of the Toronto-based band Greys (@greysband).

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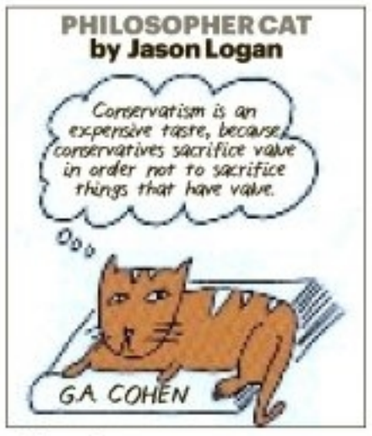
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metro LIFE

Your essential daily news

Canadian YouTube sensation Lilly Singh to publish debut book How to Be a Bawse in spring

The sleep struggle is real

FAMILY

Early bedtimes are essential for health but hard for parents

Genna Buck
Metro Canada

Emerging research shows adequate sleep is absolutely essential for children's health — but for parents of natural night owls, that's easier said than done. ISTOCK

Jennifer Harrison is a serious stickler when it comes to sleep.

The Guelph, Ont. mother puts her two boys, Sam, 6, and Max, 9, to bed by 7:30 p.m., almost without exception.

When she was pregnant, Harrison and her husband read up on the science of sleep and decided to enforce early bedtimes.

"It's a commitment every day," she said. "You can train their body, but it takes work, and ... parents don't have the time or the patience."

But for parents of pint-sized night owls, it's not that simple, explained Dr. Manisha Witmans, a pediatrician and sleep medicine specialist in Edmonton.

It's true oodles of studies link longer sleep — and early bedtimes specifically — to a variety of positive health effects in kids. They include less hyperactivity, better behaviour, fewer night terrors, and, in a study from this month, reduced obesity.

"You can train kids within reason, but you can't overcome circadian biology," Witmans said. In other words, a kid's sleep preferences are hard-wired. They can be adjusted, but it won't be easy.

Moving bedtime up by even an hour or two can take weeks for some kids, Witmans said.

For a significant number, night-time hormones that promote sleepiness and morning hormones that make kids alert "don't get secreted on the clock society expects," she said.

"If you're someone who sleeps well and comes from a family of sleepers, it wouldn't take a whole lot for you to be trained to sleep (at a certain time). Genetically, you're set up for success. If you come from a family of people with insomnia and sleep problems, I wouldn't be surprised if you have more trouble," she said.

Witmans suggests moving bedtime up by 15 to 30 minutes and adjusting again when kids can readily fall asleep at that hour.

Bright lights at night mess with the sleep hormone melatonin, she added, so make sure the bedroom is dark at night and bright when you want kids to wake up — and turn off TV and mobile screens 1.5 hours before bed. Early bedtimes are really the only way for most children to get enough sleep, because of early-morning school or daycare.

> **I see so many children who are tired, and they can't cope. And they won't learn to cope if they're tired. It breaks my heart.**
> Jennifer Harrison, parent

And the benefits of more sleep can be dramatic, Witmans explained. She cited a study by Dr. Reut Gruber in Montreal that found just one hour of lost sleep per night for a week disturbed healthy children's behaviour enough that 20 per cent tested positive for ADHD.

Harrison said when her kids are well rested they listen better and bicker less. Sometimes she lies in bed with them while they doze off, and she still rocks her youngest to sleep sometimes.

Being a bedtime absolutist has been a sacrifice. They've cut back Max's extracurriculars so he has time for homework. Dinner is ready by 5 p.m., which requires planning. Friends know if they invite the family over, they'll be leaving by six. It can be a bummer, but it's worth it.

"I am zero consistent with everything else. We try to eat healthy, but we fall off the wagon every day or two. Discipline, chores, homework, I'm not very good at any of that," Harrison said. But "they need to be in bed early in order to function."

HOW MUCH?

Children's sleep specialist Dr. Manisha Witmans relies on the American Academy of Sleep Medicine's guidelines for how long children should sleep each day. For kids under five, this includes naps.

- **4-12 months**
  12-16 hours
- **1-2 years**
  11-14 hours
- **3-5 years**
  10-13 hours
- **6-12 years**
  9-12 hours
- **13-18 years**
  8-10 hours

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Love in the time of playing Pokémon Go

TREND

If you look up from your phone, you may find a date

Brandon Yaghobi, 22, was searching for Pokémon when he met a mystery girl who caught his eye. They went their separate ways before he could get her name or number, so he posted a missed connection on Craigslist. MARCUS OLENIUK/TORSTAR

Of all the "Pokéstops" in all the towns in all the world, she had to walk into his.

Brandon Yaghobi, a 22-year-old college student, was looking for Pokémon with the new hit smartphone app, but may have found a real catch instead.

He met a young blond woman outside the Parliament St. branch of Toronto Public Library, where another gamer had left some virtual bait known as a lure.

"Are you playing Pokémon, too?" Yaghobi asked her. For 20 minutes, they chatted about everything and nothing: work, their neighbourhoods, the Pokémon they had and those they wanted. They stopped talking only to nab the digital creatures that flashed on their cellphone screens. The two went their separate ways before Yaghobi thought to ask for her number.

"I hope I see you again," he called out to her after she started walking away. "And she just like turned around and smiled, and then I'm like, 'Damn.' Should've got her name, should've got her number, should've got something, you know?"

The same night, Yaghobi tried to reach out to her by posting a missed connection on Craigslist, the online equivalent of sending a message in a bottle. "You offered me an Ice Cream Bar.. I was too shy to make a move.. Maybe we can go hunt some Pokemon sometime?" he wrote.

Alas, he hasn't heard from her.

Unbeknown to Yaghobi, he wasn't the only Pokémon Goer searching for the one that got away. Gamers who — in the words of one Pokémon-related missed connection — were struck by "cupid's Pokéball" have posted personals ads on the popular classifieds site in major North American cities, from coast to coast.

Denise Marigold, a social psychologist at the University of Waterloo, says there is no clear explanation for this apparent trend. One possibility, she says, is that the rush of catching a rare Pokémon adds to the excitement of meeting someone new.

"You feel a sudden thrill and you look up and there's a cute person and you feel more of a thrill in their presence," she said.

At least one company has noticed that there's love in the air as well as Pokémon — and it's attempting to cash in. A Chicago start-up is offering to set gamers up on PokéDates. After filling out a questionnaire online, they are fixed up with someone else for free the first time and $15 for every subsequent date. Canadians will be eligible for PokéDates starting next week, a company spokesperson told the Star.

PokéDates aren't Yaghobi's style, he said. He prefers to leave things up to fate. After last week's chance encounter, he isn't exactly optimistic about hearing from the girl at the Pokéstop. Without seeming overeager, he said it would be nice to run into her again. "I am very shy so half the time I'm like 'it's probably better if we don't meet,' " he said.

TORSTAR NEWS SERVICE

MISSED CONNECTIONS

Lovestruck Pokémon Go players are searching for the one that got away, here are a sampling of Craigslist missed connections:

Chicago, w4m (woman seeking a man), July 19: "Me: blue-eyed brunette in black. You: tall, good looking bearded guy in a plaid shirt ... I wanted to invite you to go Pokemon hunting, but was embarrassed to say it out loud."

San Francisco, m4m, July 17: "You were wearing shorts and had a backpack on, I think you also had two phones with you. Big cave legs."

New York City, w4m July 13: "I wanted to talk to you but you were so engrossed in your phone and I had to leave for work ... If you see this, come catch me at Webster Hall later ... & let's catch Pokemon together."

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MEDICAL RESEARCH

Cooling blanket gives hope to oxygen-deprived infants

Newborns deprived of oxygen at birth will soon have improved chances of surviving without brain injuries thanks to a portable transportation cooling device in southern Alberta.

Foothills Medical Centre in Calgary is one of the first care facilities in Canada to purchase the device, which is believed to be more reliable in keeping temperatures cool when babies are moved.

Katie Kaminski and Curtis de Vries credit the cooling blanket for the condition of their daughter Tegan, who is now very active at 13 months, after doctors discovered the baby was in trouble when she was born.

"They did an emergency C-section and the doctors realized she wasn't breathing, she'd lost a lot of her blood. So they initiated the cooling process and we're really glad they did," Kaminski said.

"She stayed cooled for 72 hours and then they warmed her back up. She's just been really healthy. We're very thankful for everything everyone did for us."

The usual treatment has been to simply turn off heat sources or use cold gel packs to lower infants' temperatures in an attempt to prevent brain damage.

Katie Kaminski, her daughter Tegan and partner Curtis de Vries can attest to the benefits of the new cooling blanket. THE CANADIAN PRESS

But those methods have their drawbacks.

"With those methods, it can be difficult to maintain a stable temperature," says neonatologist Dr. Khorshid Mohammad, who spearheaded the purchase of the device.

"The period immediately following birth is critical. We have about a six-hour window to lower these babies' temperatures to prevent neurological damage. The sooner we can do so, and the more consistent we can make the temperature, the more protective it is and the better their chances of surviving without injury."

The insulated blanket with a cool liquid inside has been installed on a portable incubator cart that can be sent out with a care team anywhere in southern Alberta — either by ground or air.

"The technology is very simple. Our problem before was that the available machines are heavy. We could not mount it on the transportation incubator," Mohammad said.

THE CANADIAN PRESS

Where Gord Downie got those colourful suits

FINAL HIP TOUR

The bright outfits were a long time coming

Gord Downie has always been a flamboyant showman. For the Tragically Hip's latest tour, he's wearing that style on his sleeve.

Downie has been sporting a collection of brightly coloured metallic leather suits during the band's Man Machine Poem Tour, which kicked off in Victoria on Friday.

They include bold creations in hot pink, turquoise, silver and gold — an unusual colour palette for a rocker more often seen in subdued tones, says Downie's fashion co-conspirator, Izzy Camilleri.

"When you think of Gord Downie, you think of a jeans-and-T-shirt kind of a guy," says the Toronto-based clothing designer.

"You don't think of hot pink metallic leather. Now we do."

Camilleri says she and Downie started collaborating on the look last September, before he learned he had terminal brain cancer.

Camilleri says Downie kept his wardrobe plans secret from his bandmates.

He only revealed his wild look at the tour's kickoff in Victoria on Friday, when he strode onto the stage in the hot pink suit.

"It's really appropriate and something I never thought that he would be into," Camilleri said Monday of the bright colour palette, adding this tour is "a celebration."

"I think he wears them so well and he's been having a lot of fun with it."

Later that night, he put on the silver outfit, then the gold.

At the Vancouver show on Sunday, he walked out in the turquoise outfit, and later donned the silver and gold suits. THE CANADIAN PRESS

During The Hip's first two shows, Gord Downie unveiled a new, bright look. THE CANADIAN PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

Relax, Winona

THE SHOW: Stranger Things, Season 1, Episode 8 (Netflix)
THE MOMENT: The acting mystery

Joyce Byers (Winona Ryder) and Sheriff Hopper (David Harbour) make their way through a spooky parallel universe ("the upside-down world") in search of Joyce's son Will, who's been imprisoned by a creature. Joyce is hyperventilating.

"Hey, you all right?" Hopper asks her.

"Yeah," she says. But she's clearly not.

"I need you to relax, OK?" Hopper says. "I want you to slow down your breathing. Take deep breaths. In and out."

I binge-watched this series and really enjoyed it. It evokes, deliberately and well, the horror-mysteries I grew up with in the 1970s and '80s — like Halloween crossed with Scooby-Doo. But there's an unsolved mystery here: What is up with Ryder's overacting?

In every scene, she BUGS out her EYES, and yells EVERY WORD, to show us that she's a MOM who's UPSET that her CHILD is MISSING. It's not the directors' fault — everyone else in the series is fine, and the kid actors are hoots. I kept thinking, the showrunners must have a reason to let Ryder CHEW all that SCENERY. It must TIE IN to the PLOT. Alas, NO.

Winona Ryder CONTRIBUTED

Could it be that in the real upside-down world — Hollywood — some actors are famous enough, or kooky enough, that they are un-direct-able?

If Ryder returns for Season 2 (just announced), I hope she takes Hopper's advice: Relax, Winona. Breathe.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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The NFL says it found no credible evidence Peyton Manning was provided with HGH or other banned substances as alleged by Al-Jazeera last year

Shapovalov sharp in front of his hometown crowd

ROGERS CUP

Richmond Hill teen scores upset over world No. 19

Canadian teenager Denis Shapovalov upset Australia's Nick Kyrgios 7-6 (2), 3-6, 6-3 on Monday night at the Rogers Cup men's tennis tournament.

Backed by a hometown crowd, the 17-year-old Shapovalov took advantage of the world No. 19 and Kyrgios's many unforced errors on a beautiful evening that featured a light breeze at Aviva Centre.

Shapovalov, who is a wild card in the tournament, was coming off a boys' singles title at Wimbledon earlier this month. The Richmond Hill native is the youngest player in the tournament. He'll face Grigor Dimitrov of Bulgaria in the second round.

Shapovalov opened the third set with a convincing 2-0 lead, breaking Kyrgios in the second game. The Aussie continued to make unforced errors which Shapovalov was able to take advantage of.

Shapovalov carried that momentum into the third game, smashing his 11th ace of the match to take a 3-0 lead.

The final game went to deuce before Shapovalov smashed an ace for advantage and then had a cross-court forehand winner to take the match.

The Canadian looked nervous off the bat but was able to compose himself and launched an ace to take the first game of the first set.

He took the first set by overpowering the Aussie with his serve, taking the tiebreak 7-2. Shapovalov's winner came off a big left-handed serve that was too much for Kyrgios to handle.

Shapovalov, who wore an almost identical kit to Kyrgios minus his white ball cap, carried that momentum into the second set.

But Kyrgios started to take control when he broke Shapovalov in the second game of the second set. Shapovalov came back to break Kyrgios in the next game, and the Canadian fist pumped in excitement.

Kyrgios broke Shapovalov again to take a 5-3 advantage and win the set.

Serving was a big point throughout the match. Kyrgios's serve reached 219 kilometres per/hour while Shapovalov's reached just 187 km/h. The Canadian finished with 12 aces against 13 from his opponent.

Kyrgios was seen chatting with the line judge on several occasions throughout the game. The righty had 12 double faults early on and finished the match with 18. THE CANADIAN PRESS

Denis Shapovalov celebrates his win over Nick Kyrgios in Toronto on Monday.
AARON VINCENT ELKAIM/THE CANADIAN PRESS

MORE CANCON

- Toronto's Diez downed Britain's Edmund 3-6, 6-3, 6-2 while Polansky, of Thornhill, advanced following a 4-6, 6-3, 6-0 victory over American qualifier Tim Smyczek.
- Frank Dancevic of Niagara Falls, Ont., was set to play American Sam Querrey on centre court Monday night.
- Fourth-seeded Milos Raonic of Thornhill has a bye in the first round.

DOPING SCANDAL

Rio doors closed for 7 Russian swimmers

Seven Russian swimmers have been barred from the Rio de Janeiro Olympics, including three linked to recent allegations of a major doping coverup by Russian authorities, world swimming's governing body FINA said Monday.

Reigning world 100-metre breaststroke champion Yulia Efimova is among four Russian swimmers withdrawn by the Russian swimming federation because they previously served doping bans, FINA said. The others are Natalya Lovtsova, Anastasia Krapivina and Mikhail Dovgalyuk.

The International Olympic Committee on Sunday said Russian athletes with previous doping bans would be banned from the Rio Games. That followed the IOC's decision not to ban the entire Russian team over allegations of state-sponsored doping.

13

Russia's top Olympic official, Alexander Zhukov, now believes a total of 13 Russians would be ineligible due to previous doping bans.

FINA said three more swimmers were identified by World Anti-Doping Agency investigator Richard McLaren when he examined evidence that Russian government officials ordered the coverup of hundreds of doping tests.

They are 2008 Olympic silver and 2012 bronze medallist Nikita Lobintsev, bronze medallist Vladimir Morozov and world junior record holder Daria Ustinova.
THE ASSOCIATED PRESS

CFL ARGOS GET WIN NO. 1 AT BMO FIELD Phil Bates of the Argos dives for end zone as Alouettes Jonathon Mincy, top, and Chip Cox give chase in Toronto on Monday night. The Argos won 30-17. FRANK GUNN/THE CANADIAN PRESS

IN BRIEF

Cubs arm World Series hope with Cuban Missile

The Chicago Cubs acquired hard-throwing reliever Aroldis Chapman in a trade with the New York Yankees on Monday, giving the NL Central leaders a boost as they try for their first World Series title in more than a century.

The Cubs paid a steep price, parting with top shortstop prospect Gleyber Torres and versatile pitcher Adam Warren in the four-player package going to the Yankees. THE ASSOCIATED PRESS

MLB

Sanchez continues to dominate hitters

Aaron Sanchez was dominant once again as the Toronto Blue Jays beat the San Diego Padres 4-2 on Monday night.

Sanchez (11-1), who pitched in the All-Star Game earlier in the month, allowed just three hits over seven innings while striking out seven batters. It was the seventh straight start that Sanchez had allowed two or fewer runs.

Josh Donaldson, Troy Tulowitzki, Kevin Pillar and Devon Travis had RBIs for the Blue Jays (56-44).

MONDAY In Toronto

4	2
BLUE JAYS	PADRES

The game also marked Jose Bautista's return to the lineup. The right-fielder missed 30 games because of turf toe. He walked and singled in four plate appearances.
THE CANADIAN PRESS

Yulia Efimova GETTY IMAGES

BASKETBALL

Canadian women about to see how they stack up with the best

Before Canada's women's basketball team steps on the court at the Rio Olympics, they'll test themselves against the best in the world.

The Canadians will play the world No. 1-ranked Americans, No. 2 Australia and No. 4 France in three exhibition games this week in the U.S.

"We'll get exposed by these teams, which is great," said Canada's head coach Lisa Thomaidis. "You want that. We don't want to go in with any false sense of security that we're playing great right now, because we aren't. We're playing OK, and we're going to keep getting better as the (Olympic) tournament approaches."

The Rio-bound Canadians held their final day of practice Monday at Ryerson University's Mattamy Athletic Centre. The past few days have been a chance for Thomaidis to work two players back into the fold: Natalie Achonwa, a forward with the WNBA's Indiana Fever, and Kia Nurse, who returned to practice last Friday after having surgery to repair a sports hernia.

"Kia's coming back from having not played for a few months, and she's surprisingly adjusting pretty well," Thomaidis said of Nurse, who had surgery shortly after her sophomore season at Connecticut. "She's young and she's such a great athlete, it's not going to take her very long."

Kia Nurse GETTY IMAGES

The 12-player roster announced in a ceremony last Friday is identical to the squad that captured gold at last summer's Pan American Games.

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RECIPE Spaghetti with Pancetta and Spinach

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Using only six ingredients, this pasta is a crowd pleaser since it features the flavor powerhouse of pancetta.

Ready in
Prep time: 5
Cook time: 20
Serves: 4

Ingredients
- 250g spaghetti
- 1/3 cup oil, divided
- 1 clove garlic
- 1/2 cup diced pancetta
- 5 oz. fresh spinach
- 1 cup fresh shaved asiago cheese

Directions

1. Bring a pot of heavily salted water (it should taste like the ocean) to boil and add pasta; cook according to package directions.

2. Heat a large skillet over medium heat and then add a tablespoon of oil. Add garlic and cook for about 1 minute, until fragrant. Add pancetta and cook until browned. Adjust the heat to low and then stir in the spinach and allow it to wilt.

3. Once pasta is done, add to the pan with spinach along with the remaining oil and stir. Sprinkle pasta with asiago cheese. Remove pasta from heat and serve.

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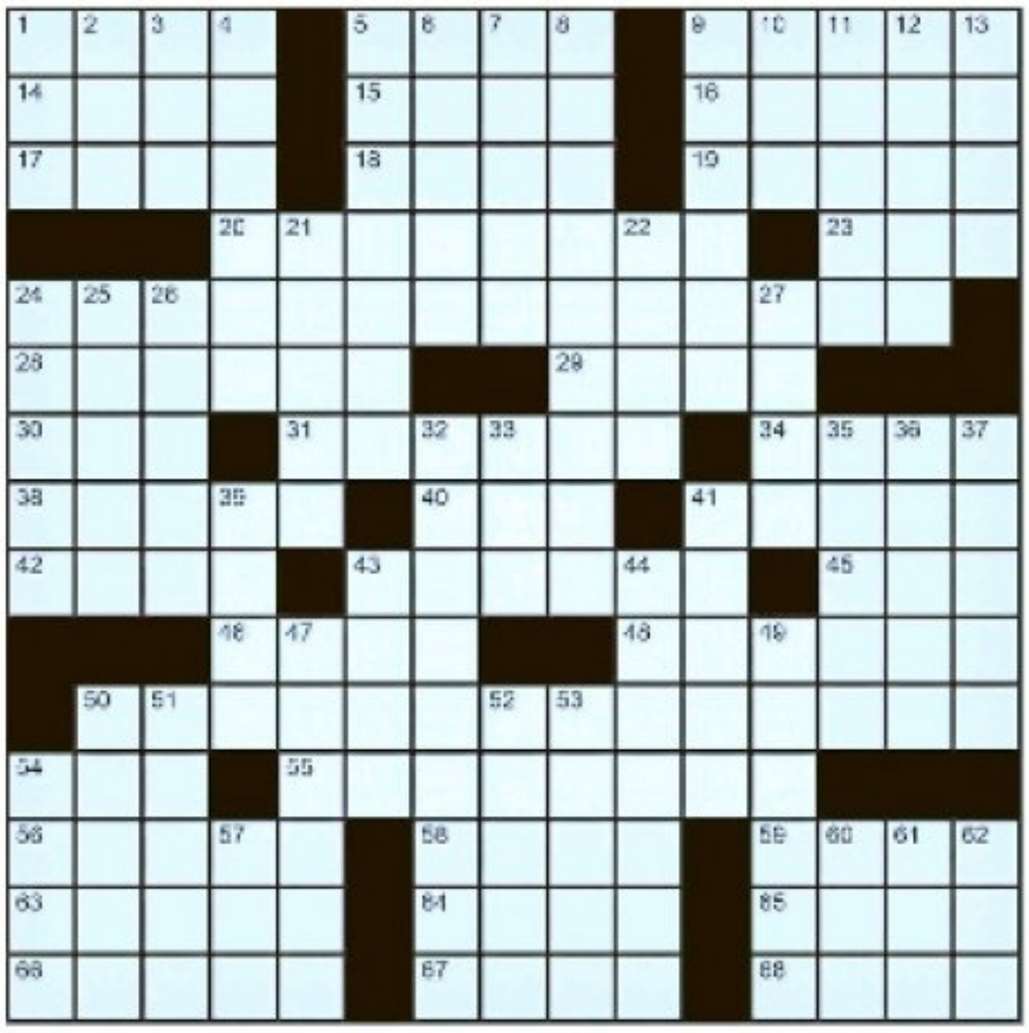
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Sound soothed by lozenges
5. Hosp. heart recordings
9. Pandemonium
14. 'N' of NS
15. Sheryl of singing
16. Foliaged fence
17. Highway-crossing animal
18. The _ Report (1976 bestseller by author Shere)
19. Tennis great Mr. Agassi
20. Tornadoes
23. Took the helm
24. Canadian Dr. Edward Asselbergs invented instant flakes for what food?: 2 wds.
28. Procure
29. Wharf
30. Mailing encl.
31. Reacted with shock
34. Stitches-needing cut
38. Hidden-away loot
40. Canuck motorists org.
41. Put forth
42. Kennel protest
43. Car manufacturer of Japan
45. Fun-style photos
46. 2002 Jennifer Lopez album: 'This _ _... Then'
48. _. _ (Florida resort city, commonly)
50. The Royal Albert, which was recently discovered in Lake Ontario, is a what?: 2 wds.
54. Baseball-playing need
55. House's outside part
56. Decree
58. Shakespeare: "Thus with a kiss _ _." - Romeo
59. Piquancy
63. Fragrant scent
64. The Beatles' Pepper, et al.
65. Eye doctor's offering
66. Dental floss-ees
67. Check
68. Landlord's intake

DOWN
1. Furthermore
2. Horticulturist's tool
3. Genesis gal
4. Beatles sheepdog-inspired tune: "_ My Dear"
5. Hedgehog-resembling animal
6. Crackers characteristic
7. Influenced, as the witness: 2 wds.
8. Flowering climbing plants: 2 wds.
9. Purely Puritan
10. Female farm flapper
11. Mix-up
12. Shrek's kin
13. Sesame _
21. Put on the scale
22. Bug's bane brand
24. Like that green stuff on rocks
25. Diminish
26. Be a thief
27. Associations, for short
32. Laboratory professional
33. The _, Manitoba
35. Tree beavers like
36. Niagara Falls visitor offering
37. Spell caster
39. Washer cycle
41. Sum 41's "_ _ Deep"
43. Santa Fe, _, _,
44. Most grey
47. Draw
49. Toronto-headquartered airline
50. When doubled, Barbra Streisand's 'married lady' song from "Funny Girl" (1968)
51. Functional
52. Marsh grower
53. Book reviewers, e.g.
54. _ buckle
57. Feline
60. Trunk chopper
61. Grandma
62. Intl. clock standard

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Money issues are on your mind today. In addition, you might feel possessive about something that you own.

Taurus April 21 - May 21
Today the Moon is in your sign, which makes you more emotional than usual. However, this also makes you luckier than usual! Yay, me!

Gemini May 22 - June 21
Welcome a chance to work alone or behind the scenes today, because your busy pace is exhausting. This is a good day for writing and studying.

Cancer June 22 - July 23
A confidential conversation with a female friend might be important today. A money issue is on your mind, and perhaps you need to discuss this.

Leo July 24 - Aug. 23
Personal details about your private life are made public, which is not surprising because three planets are in your sign — the Sun, Mercury and fair Venus. No worries, because you look fabulous!

Virgo Aug. 24 - Sept. 23
How can you expand your horizons today? If you can travel, do so. In particular, you will love to do research and explore new ideas to learn something new.

Libra Sept. 24 - Oct. 23
You're busy schmoozing with younger, creative people at this time. Today, in particular, is a good day to discuss shared responsibilities, shared duties or shared property.

Scorpio Oct. 24 - Nov. 22
Because the Moon today is opposite your sign, you have to go more than halfway when dealing with others. This is easy, because three planets at the top of your chart make you King of the Road!

Sagittarius Nov. 23 - Dec. 21
You love to travel, and right now, three planets urge you to do so. However, today is a good day to work to get better organized and get on top of your game.

Capricorn Dec. 22 - Jan. 20
This is a playful day! In fact, you feel prankish, flirtatious and sexy! Enjoy sports events, playful activities with children and social outings.

Aquarius Jan. 21 - Feb. 19
You are working hard. Today is a good day to pull in the reins a bit and hunker down at home. Give yourself a chance to cocoon and relax so that you can catch your breath.

Pisces
Feb. 20 - March 20
Co-workers are supportive now, and this is encouraging. This is a good day for a serious discussion with someone, perhaps a sibling or relative.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

			6	7	3			
		8			1			
	2			5				
1				4				
8				1			9	6
5					6	2		7
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		1					4	
			8	2	7	3		

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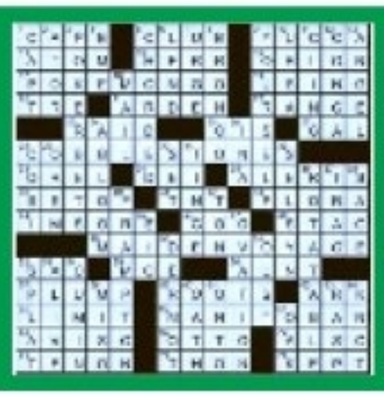

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8	9	1	2	5	3	6	7	4
6	5	2	8	7	4	9	3	1
2	1	3	7	4	5	8	9	6
5	7	6	9	8	1	4	2	3
4	8	9	6	3	2	5	1	7

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